



Action Schools! BC

Classroom Action

K TO 3

- take an Action Schools! BC action break -

HEALTH TARGET	RESOURCES PROVIDED	EQUIPMENT PROVIDED
	<p>BOUNCE-AT-THE-BELL</p> <ul style="list-style-type: none"> • Classroom Action Resource (F) • Bounce-at-the-Bell Poster (F) <p>SKIPPING ROPE</p> <ul style="list-style-type: none"> • Active Playgrounds (F) • Healthy Opportunities for Preschoolers and Primary • K-3 Games (F) (provided at workshop) 	<p>25 Single Skip Ropes 7' (2.1m) 2 Long Skip Ropes 16' (4.8m) 1 Chinese Jump Rope 16' (4.8m)</p>
	<p>CLASSROOM WORKOUTS & CIRCUITS</p> <ul style="list-style-type: none"> • Cool Aerobics for Kids CD • Exercise In Disguise (F) • Dance Party Fun CD <p>CLASSROOM DANCE</p> <ul style="list-style-type: none"> • Kids in Motion CD • Healthy Opportunities for Preschoolers and Primary • 65 Energy Blasts DVD <p>PLAYGROUND & TAG GAMES</p> <ul style="list-style-type: none"> • Active Playgrounds (F) • Exercise in Disguise (F) <p>PLAYGROUND CIRCUITS</p> <ul style="list-style-type: none"> • Action Schools! BC Playground Circuit (created during workshop and posted on www.actionschoolsbc.ca) 	<p>2 Foam Dice Sidewalk Chalk 3 Playground Balls (17.8cm)</p>
	<p>STRETCHING</p> <ul style="list-style-type: none"> • Action Schools! BC Head-to-Toe Stretch Poster (F) • Yoga Kit for Kids Book, Cards and Music CD • Stretch Your Imagination Muscles Poster <p>STRENGTHENING</p> <ul style="list-style-type: none"> • Classroom Action Resource (F) • Exercise In Disguise (F) – Grip Strengthening 	<p>25 Hand Grippers</p>
	<p>ACTION BREAKS</p> <ul style="list-style-type: none"> • BrainDance DVD • BrainDance Poster (F) (provided at workshop) • Kids in Motion CD • 65 Energy Blasts DVD • Cool Aerobics for Kids CD <p>THROWING, CATCHING, COORDINATION</p> <ul style="list-style-type: none"> • Healthy Opportunities for Preschoolers and Primary • Active Playgrounds (F) 	<p>25 Bean Bags 48 Scarves</p>
<p>SUPPLEMENTARY RESOURCES</p>	<ul style="list-style-type: none"> • Action Pages! • Action Schools! BC Sporting Spirit Poster (F) • p.s.a.p. – Teaching the Basics Manual “Coupon” • Heart Smart Brochure • Road Safety for Kids & Parents! 	

(F) Available in French – Request a French Package

www.actionschoolsbc.ca

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